KTS Laser Therapy Device for Body Pain Relief 18x620nm Laser Diode LLLT Cold Laser Arthritis Physical Therapy Equipment Massager

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KTS

Handheld Pain Relief Device

User's Manual

FL-PAIND-001

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KTS

Handheld Pain Relief Device / FL-PAIND-001
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Valley Avenue, East Lake High-tech Development Zone, Wuhan, China (Free Trade
Zone,wuhan area)
E-mail: **ktsofficial308@gmail.com**

Thank you for choosing KTS Portable Red Light Therapy Device!
This product is intended for home use. Please carefully read this user manual before putting the device into use, so you can enjoy its functions safely and effectively.

BRAND INTRODUCTION

- **KTS' s company introduction**

  KTS is a high-tech enterprise specializing in the research & development, manufacture and sale of various red light and cold laser devices and physical therapy equipment for over 20 years. We have gained independent intellectual property rights for our products. The technical performance of our products has been ranked the leading position among the industry. All of our products are UKCA and CE certified, and FDA Cleared.

- **Discover the world of KTS**

  Your health is the starting point of all--That' s exactly what KTS treasures. The pursuit of a healthy lifestyle is indispensable, we do believe, with the right equipment, it will help you achieve what you need . Together with KTS--Pursuit a better life.

SECURITY CONSIDERATION

(1) When using the device, do not look into the light beam either directly or by any kind of optical equipment to avoid harms to your eyes.
(2) When irradiating the treatment area, please do not fix it in a certain area for too long. If you feel any fever or discomfort, please move the device slowly.
(3) During the usage of the device, collision and impact shall be prevented.
(4) If you find that the brightness of the light beam is weak or not bright, please contact our after-sales service.
(5) Please stay away from shortwave or microwave equipment while using the device.
(6) Usage of the device by those with a pacemaker, implanted defibrillator, insulin pump is prohibited, because of possibly arising interference! Using the device during pregnancy is not recommended, unless otherwise advised by your physician.

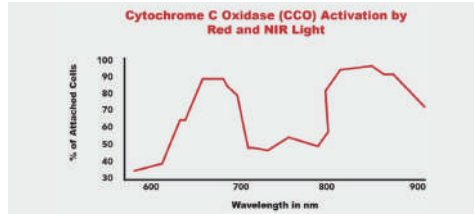
(7) The device shall not be disassembled by yourself, and large area of metal objects shall not be irradiated at close range.
(8) Please do not use the device in the environment of explosive anesthetics or other inflammables.
(9) Please be sure to keep this product out of children's reach.
(10) After use,a small number of people with thirst, dry eyes, rapid pulse, even dizziness and other symptoms should stop treatment . Please observe for a period of time, if the symptoms disappear, continue the treatment, otherwise, please stop the therapy.
(11) During therapy period,the diet structure should be improved. Proper exercise is necessary to enhance the metabolism.

(12) Elderly or more sensitive people should initially apply the treatment at a lower level and for a shorter duration. Subsequently, the intensity of the treatment can be increased, as the body begins to adapt to the usage of the device.

NOTE:
If there is any discomfort, please contact us immediately, we will always reach back within 24 hours.
Customer Service: **ktsofficial308@gmail.com**

I . LIGHT THERAPY TECHNOLOGY

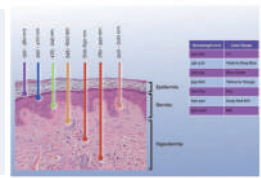
Light therapy is among the earliest recorded healing modalities. Solar therapy was first used by the Egyptians, and forms of light therapy were also practiced by the ancient Greeks, Chinese and Indians.
There's no question that light exerts biological effects, in fact, the body needs light to be healthy. Clinical studies are now establishing how different wavelengths of light affect the body at a cellular level, the conditions that can be successfully treated using light therapy, and the optimal conditions needed to absorb the benefits of light-based treatments.



1. Treatment Principle

What's red light?

Red light resides on the visible end of the spectrum, which means you can see it. It is, however, on the "long end" of the whole spectrum in general. Red light waves are the longest wavelengths that are still visible to human eyes. The longer the wavelength of red light is, the more effective it is for penetrating your body to a significant cellular level. Short red light penetrates your body to a depth of about 8 to 10 millimeters, reaching the mitochondria of your skin cells and other cells that are located closely beneath your skin to stimulate biological reaction.

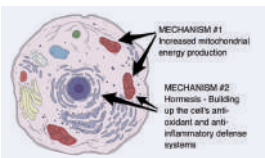


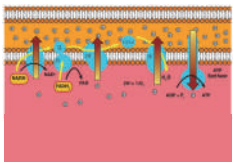
What's the key mechanisms of Red Light Therapy?

1. Stimulating ATP production in the mitochondria through interacting with a photoreceptor called cytochrome c oxidase.
2. Creating a temporary, low-dose metabolic stress (known as hormesis, which is also a primary mechanism of why exercise works) that ultimately builds up the anti-inflammatory, anti- oxidant and cell defense systems of the cell.

Obviously, red light is best suited for treating skin conditions, local pain, mild inflamma- tion, and accelerating surface wounds healing. And what is trustworthy is that there are no adverse side effects. Red light does not create heat, although you might experience a mild and pleasant warm sensation on your skin during therapy, but it won’ t burn your skin or damage any underlying body tissues.

It has been proven that almost all wavelengths of red light will provide a sort of benefits, but wavelength from 600nm to 850nm demonstrate the most healing power.


MECHANISM #1
Increased mitochondrial energy production
MECHANISM #2
Hormesis - Building up the cell's anti-oxidant and anti-inflammatory defense systems



2. Technical Application

a) Economical Pain Treatment

Despite the fact that people's living standard and diet have improved, as a consequence of the harmful environmental effects of civilization, it has become a general tendency that the number of those struggling with various diseases is increasing every year. Locomotor diseases are the group of disorders which are the most common and affect the highest number of patients in developed and medium developed countries. According to the report, locomotor problems are in an outstanding position within the worldwide almost 30% of the adult population suffers from locomotor pains, and one out of 5 persons is under long term treatment, because of a rheumatologic disease and rheumatoid arthritis (joint inflammation).

Locomotor diseases not only degrade the quality of life to a rather significant degree, they also represent a serious risk factor as causes of death, even though this fact often remains hidden in mortality statistics:

> It is extraordinarily important that arthrosis (joint erosion) increases the risk of cardiovas- cular diseases to its double, and that of rheumatoid arthritis (joint inflammation) four to five-fold.

Our red light therapy device, represents a breakthrough in the area of these types of treatments, and constitutes the perfect combination of the most effective therapies, lightweight, portable and rechargeable device.

Red light therapy has been reported as a noninvasive, non-carcinogenic, non-traumatic procedure that can provide a therapeutic benefit to many diseases and medical conditions, and that has been reported to have no side effects.

Compared with specialized nursing in hospitals, portable handheld device is a very economical way of treatment . Cost performance is definitely more than you think, So you can easily relieve the pain without leaving home.

b) Beauty and Skin Care

The ingredients of the blood circulating in human body, water, oxygen, red blood cells, hemoglobin, white blood cells, plasma, thrombocytes, cholesterol, and various other substances form a considerably complex chemical compound. It can only perform its intended function in a comprehensive manner, if its components are present in the optimal proportion.

620nm red light tends to improve skin health and collagen production, it reaches deep layers of the skin, where it stimulates cellular repair and increases circulation to promote a more vibrant, youthful complexion.

3. Real People Use and Sharing

- Case 1: Body Acne Treatment

Xiao Wang is a college student who has been suffering from acne for a long time. Under the guidance of a doctor, he began to try to use red light phototherapy equipment for treatment.Every night before going to bed, he will follow the instructions in the equipment manual, put on the goggles, turn on the red light phototherapy device, and illuminate the affected area at an appropriate distance and time.After one month of regular treatment, the acne on Xiao Wang's face was significantly reduced, the inflammation was controlled, and the overall condition of the skin was significantly improved.He said that red light phototherapy not only has obvious effects, but also the treatment process is convenient and painless, and it has little impact on daily life.

- Case 2: Arthritis Pain Relief

Aunt Zhang has suffered from knee arthritis for many years and often feels unbearable pain.On the recommendation of the doctor, she began to use red light phototherapy device to assist in treatment. During each treatment, Aunt Zhang will illuminate the affected joints for about 20 minutes according to the treatment plan set by the equipment.After several weeks of continuous treatment, Aunt Zhang's knee pain was significantly reduced and her mobility improved.She believes that red light phototherapy is a very gentle and effective method of physical therapy, which has greatly improved her quality of life.

- Case 3: Skin Care and Anti-aging

Ms. Li is a frequent visitor to beauty salons. She uses red light phototherapy equipment for facial skin care treatments under the guidance of professional technicians.Twice a week, the technician will help her use the equipment to illuminate skin problems such as wrinkles and sagging.After three months of treatment, Ms. Li found that her facial skin became firmer, fine lines were reduced, and her complexion was brighter and more even.She said that red light phototherapy has become an important part of her daily skin care, and she is deeply satisfied with the anti-aging effect it brings.

Through the above actual use cases, we can see the good results and wide application potential of red light phototherapy equipment in the fields of acne treatment, arthritis pain relief, and beauty and skin care.These cases have fully verified the safety and effectiveness of red light phototherapy, and have also provided valuable reference experience for other users.

II . PARAMETERS AND APPLICATIONS

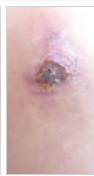
1. Features of KTS Red Light Therapy Device

• 100% Natural	• Drug Free
• Chemical Free	• Non-Invasive
• Non-Ablative (does not damage the skin)	
• Painless (does not itch, burn or sting)	
• Requires Zero Downtime	
• Safe for All Skin Types	
• Safe for All Ages	
• No Adverse Short or Long Term Side Effects	
• Easily Self-Administered in Your Own Home	
• Long Term Application of the Device Does Not Have Any Proven Side-Effects	

2. Application Scope

• Wounds Healing	• Bone Healing
• Tendonitis, Arthritis, Cervical Spondylosis	
• Fat Loss, Reduce Cellulite (And Burns Off Stubborn Fat)	
• Enhances Muscle Strength, Endurance, and Recovery	
• Fibromyalgia Syndrome and Chronic Fatigue	
• Inflammation (and Potentially Inflammation-Related Diseases)	

- Reverse Skin Aging and Get Youthful Skin
- Joint Pain, and All Kinds of Pain Relief
- Immunity Improvement



3. Treatment Recommendation

In general, the device can be used several times per day, until the problem ceases.

We would recommend using this device twice per day, 30-40 minutes for each time, but you can always adjust the usage time and frequency depending on your own conditions.

Long term application does not have any proven side effects. Please consult your physician in the case of a special problem, before commencing regular use or a treatment course!

TREATMENT GUIDELINES FOR RED LIGHT AND TENS DEVICES FOR PAIN RELIEF

Indication	Treatment Time	Treatment Frequency	Days for a treatment session	Treatment Courses	Interval Days
Acute soft tissue injury	30 minutes	Twice/per day	10 days	2	3 days
Periarthritis of the shoulder	30 minutes	Twice/per day	7 days	3	2 days
Knee arthritis	30 minutes	Twice/per day	7 days	3	2 days
Tennis elbow	30 minutes	Twice/per day	7 days	3	2 days
Tendonitis	30 minutes	Twice/per day	7 days	3	2 days
Lumbar osteoarthritis	30 minutes	Twice/per day	5 days	4	2 days
Cervical osteoarthritis	30 minutes	Twice/per day	5 days	4	2 days
Lumbar strain	30 minutes	Twice/per day	5 days	2	2 days
Cervical and back strain	30 minutes	Twice/per day	5 days	2	2 days

Note: "+" indicates that the time according to the current situation

Attention:

1. The aseptic operation must be strictly performed in the treatment of patients with soft tissue infection. During the treatment, if there are any reactions such as dizziness, nausea and fatigue, the treatment time should be shortened and gradually adjusted;
2. treatment speeds up the body's metabolism, please drink water properly before and after the treatment;
3. Long-term treatment of the body leads to tolerance and affects the treatment effect, please take interval residues sticky according to the requirements of the treatment course;
4. Any increase or decrease in the treatment session must be adjusted according to the actual terms and conditions.

III. MAIN STRUCTURAL SPECIFICATIONS

1. Products Components

2. Product List

Package Contents:
1*Main Host
1*USB Cable

Main Host

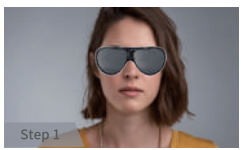
USB Cable

3. Main Technical Parameters

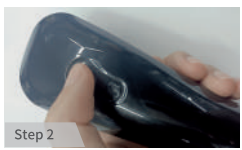
Light Wavelength	620nm
NNumber of diodes	18 pcs
Maximum output power per 620nm	1.7-2.0mW
Time setting	15 minutes
Battery voltage	DC 3.7V
Battery capacity	1200 mAh
Input power	⩽10VA
Relative humidity	⩽80%
Atmospheric pressure	860 à 1060 hp
Voltage	5V±10%
Ambient temperature	5°C~40°C

IV. OPERATING INSTRUCTIONS

1. Operational Guide



For the best experience and to protect your sensitive eyes, please wear the protective goggle before use.



Press and hold the power button for 3~5 seconds to turn on the device.

There are two different modes available for choose, please click the mode-switch button, and the light mode will turn to pulsed mode. And the default working time of this device is 15 minutes.

Please put your device to a safe place and keep it away from water after you finish your therapy.

2.Warnings & Cautionary Measures

➢ People who are sensitive to light need to choose to continue or stop the usage according to your conditions. When you feel uncomfortable, please stop using it, and immediately contact our customer service.

➢ We recommend charging for at least 5 hours before starting to use. If the device still cannot be used normally when it is fully charged, please contact our customer service.

➢ Please do not look directly at the light beam when using the device.

➢ The device should only be applied on clean, and as far as that is possible, uninjured skin surface.

➢ Do not use this device during pregnancy.

➢ The device may also be used in the case of injured skin, but please reduce the pressure. If swelling or eruptive skin is intended to be treated, absolutely do not use gel, and do not touch the skin with the device. In these types of cases you should hold the device 0.5 to 1 cm above the area to be treated.

➢ Do not treat the front area of the neck (thyroid gland) and its side area (carotid artery) with the device.

➢ Please keep this device out of Children' s reach.

➢ If you are suffering from heart problems (for example, irregular heartbeat or heart arrhythmia), please consult your physician before using the device.

V. TROUBLE-SHOOTING INSTRUCTIONS

Malfunction	Cause	Solution
The device cannot be turned on	Pressed the "ON/OFF" button for too short time	Press and hold the "On/Off" button for at least 3-5 seconds
	The charging cable is broken	Replace other charging cables
Suddenly the light went out	LEDS are broken for some Reason	Contact the seller for warranty or return
	Voltage instability	Check that the power supply is plugged in correctly
The light is weak	Low input voltage	Check compatibility, replace the wrong cable and adapter
Lamp flicker	Wrong contact	Try using different sockets
	Environmental influences	Eliminate the interference
The device is overheating	Use too long	no more than 45 minutes
	High working temperature	Normal and ventilated environment to use
	Dust clogging on the fan	Use wipe to remove dust
	Abnormal temperature sensor	Contact the seller for warranty or return
Noise is increasing	Loose parts	Check the screws and housings, strengthen it
	The use time is too long, resulting in untimely heat dissipation	Do not use for more than 45 minutes
	Abnormal fan rotation	Contact the seller for warranty or return
Redness or burns of the skin	Sensitive skin	Consult the doctor
	the distance is too close and the time is too long	no more than 45 minutes,,try 2-3cm apart from the skin
	Gear is too high	Try it on the lowest level and wait for your skin adapt to the light.
	Abnormal lamp tube The temperature is too high	Contact the seller for warranty or return

We have a quick product troubleshooting center that will help you solve the problems as soon as possible, including but not limited to consultation, maintenance, return, exchange, refund and other services.
If you still do not know how to deal with the above errors or have any other doubts, please contact this email:

ktsofficial308@gmail.com

VI. MAINTENANCE AND CLEANING

➤ If a malfunction occurs during the operation, please check the device according to the contents of the Troubleshooting Instructions. If the malfunction continues to exist, please contact our customer service. Please do not disassemble or repair it by yourself without permission to avoid unnecessary losses.

➤ After switching it off, always wipe the device with a moistened cotton, thus preserving hygiene. Do not use chemicals or benzene.

➤ Please use cotton soaked in alcohol to gently clean light emitting ports or LED light probes. Do not immerse the device into any kind of liquid and do not clean it with any hard instruments.

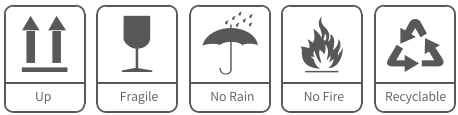
➤ Please keep the device away from moisture, high temperature, and do not expose it to direct sunlight, because that reduces the device's lifespan.

➤ Please do not place hard or sharp objects on or near the device, which may damage its surface or the treatment head.

➤ After use, please put the main host and all accessories back into the storage box, so as not to be lose and affect the next use. If any accessories are lost and affect the normal use, you can contact us immediately.

V II. TRANSPORTATION AND STORAGE

General transportation tools are allowed, but strong shocks, vibration, snow and rain splash should be avoided in transportation process. The packed device shall be stored in the room lower than 80% relative humidity and without corrosive gas and well-ventilation.



V III. WARRANTY

Dear customers:
Thank you for choosing our product. Customer's satisfaction is our only service philosophy. To protect your legal rights and remove your future worries, we hereby make the following commitments and accordingly provide you the perfect after-sales services.

1. Exchange or Warranty:

(1)The host can be replaced for free with warranty card in the case of quality problems under normal use within one year since purchasing date.
(2)The company undertakes the device's repair after the expiration of the warranty period as well, Including but not limited to after-sales issues such as returns, replaces, accessories reissue, therapeutic schedule consultation, etc.

2. We will charge some maintenance fees for the followings:

(1)No warranty card.
(2)Damages caused by improper operation or mistakes.
(3) Breakdowns caused by self-disassembling. The device's repair was not performed by the professionals of the service, or the device was dismantled outside of the service.
(4)Breakdowns or damages caused by accidents or human activities scratches, soaking or unauthorized replacement of parts.
(5)Damages caused by natural disasters.
(6)The damage of shell, manual, packaging, warranty card and other accessories.

IX. CUSTOMER SUPPORT

Customer Support

This manual is only for online sales platforms. (like: Amazon, eBay, Lazada, Shopee, Aliex- press, Wish, Walmart,etc.)

For questions regarding this product, supplies, maintenance, please contact customer service directly, thank you for your understanding and support!

Send to customer service ktsofficial308@gmail.com with following details:

Name	
Order number	
Date of purchase	
Problem	

Conformity Certificate

Inspector: PASS

KTS	Handheld Pain Relief Device
Model	FL-PAIND-001
Rating	Battery voltage: DC 3.7V
Manufacturer	hu bei yi jian tang ke ji gu fen you xian gong si
Address	CN, 430074, hu bei sheng, wu han shi, dong hu xin ji shu kai fa qu, guang gu da dao 62 hao, guan nan fu xing yi yao yuan 7 zhuang 8 ceng 1-8 hao fang
Contact information	+86 180 6253 8948 YJTkjgfyxgs@163.com

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